



Personal Trainer- Position Description

The Campus Recreation Personal Trainer positions must be certified and are responsible for conducting one-on-one exercise sessions with members. Work takes place at the Main campus.

Responsibilities

- Conduct one-on-one exercise sessions with Recreation Center members;
- Utilize NASM, ACSM, NSCA, ACE or other approved guidelines to design exercise programs tailored to individual needs;
- Ensure the safety and appropriateness of exercises selected for individual workouts;
- Recommend classes and equipment to clients;
- Correct form and teach exercise and conditioning technique to clients within sessions;
- Provide modifications of exercises based upon the client's level of fitness and personal choice;
- Train in and instruct small group Synergy class at least once a week
- Staff Meet the Trainer table
- Work with others to execute risk reduction measures and provide care in emergency situations;
- Clearly articulate, enforce and educate patrons on all rules, policies and procedures;
- Provide customer service and respectfully manage disagreements;
- Actively participate in collaborative work and development;
- Perform other duties as assigned.

Staff Standards

- Consistently model positive and professional behavior, including on-line communities;
- Attend all staff meetings and educational trainings;
- Maintain regular and frequent communication with the Coordinator and Assistant Director.

Personal/Paraprofessional Development & Departmental Responsibilities

- Attend all meetings and trainings on time, including semester all staff trainings. Upcoming dates are: **Thursday, January 10, 2019 – Friday, January 11, 2019. Hosted 8am-5pm each day.**
- Balance time commitments, recognize limitations and work to improve;
- Be receptive to paraprofessional and personal development;
- Challenge yourself to achieve higher levels of awareness of people's perceptions, maintaining appropriate sensitivity and awareness of cultural norms, diversity, and diversity education.

Minimum Qualifications

- Must be currently enrolled at UTSA with a minimum overall GPA of 2.0;
- Current Personal Training Certification through ACSM, ACE, NSCA, or NASM
- Conduct a minimum of 4 sessions/week and open to teach 1-2 group exercise classes/week.
- Must pass State of Texas criminal background check;
- First Aid, Adult CPR and AED certifications obtained within expected time-frame;
- UTSA employee compliance trainings and any additional program area certification/training completed within expected time-frame.

Working Conditions

- Maximum of 19 hours worked per week;
- Work will take place at the Main campus;
- Work shifts include morning, afternoon, evening and weekend hours and/or break hours

Compensation

- Starting pay: \$11.00/hour (certified)